

Goodness.

COMFORTING RECIPES WITH TIME & MONEY SAVING
METHODS TO NOURISH & SOOTHE YOU NOW

VOLUME 1: CHICKEN



ERIN STRATTON

Craving some comfort?



Me too. So, in addition to wearing my bathrobe round-the-clock during shelter-in-place, and starting to finally dig into Parks and Rec (*I'm only 3 seasons in... no spoilers!*), I have been cooking some serious comfort food.

In my kitchen, that means chicken, chicken and more chicken. I'm comforted by flavors from around the world, so we're touching down for an Italian-inspired quickie, a casserole whose original inspiration was on the back of a soup can, and a few Asian dishes.

I've been developing some of these recipes for 20 years. If you've known me for a while, you may remember these recipes on postcards, landing in your mailbox.

These are updated versions. I've added more vegetables, and gotten a little more advanced with some of my tricks. I've also incorporated the pro kitchen secrets I learned while living my food dream in 2016, working as a prep chef and line cook at Oki Momo Asian Grill.

I've also included links to a few of the Skyward Ink team's favorite chicken recipes. Hope you're hungry!

Onwards and upwards, together.

A handwritten signature in blue ink, appearing to read 'Erin'.

Erin Stratton



P.S. If it's time to cook up some fresh designs for your business, get in touch at www.skywardink.com.

COMFORT TEMPLATE

Balsamic Chicken



PUBLISHED IN COOKING LIGHT IN 2002

40ISH MINUTES | 2 SERVES | SCALES WELL

INGREDIENTS

olive oil | salt | pepper
¾ c. coarsely chopped onion
4 cloves garlic, minced
1 teaspoon Italian herbs seasoning blend
2 boneless, skinless chicken breasts, cut in half
1 sliced bell pepper (optional)
¼ c. sliced mushrooms
½ c. balsamic vinegar
1 14 oz. can diced tomatoes, undrained
¼ - ½ c. water or chicken stock

BEST WITH

Brown or white rice
Whole grain bowl
Salad and bread to soak up the sauce

METHOD

1. Heat oil in a large skillet over medium-high heat.
2. Add onion, garlic, salt, pepper and Italian herbs. Cook 3 min.
3. Add chicken and cook 4 min. on each side, until browned.
4. Add bell pepper and mushrooms. Saute for 3 min.
5. Deglaze with balsamic, scraping up any tasty bits.
6. Add tomatoes and stock or water. Bring to a simmer.
7. Cover and braise on low for 20 min. or until the chicken is fork tender.
8. Taste and season.

VEGGIES TO ADD

Hearty greens (like kale)
Zucchini
Broccoli
Spinach
Fresh basil

WHEN TO ADD THEM

Step 4
Step 4
Place on top of chicken to steam for 5 minutes after step 8
After step 8, cook 1-2 min. to wilt
When served

COMFORT TEMPLATE

Chicken Goo



45ISH MINUTES | 2 SERVES | SCALES WELL

INGREDIENTS

- olive oil | salt | pepper
- 2 boneless, skinless chicken breasts, cut in half
- 1 can reduced salt condensed cream of mushroom soup
- 1 c. plain yogurt
- 1 tsp. each dill, garlic powder and red pepper flakes (optional)
- 1 box instant stuffing, prepped to package directions
- A few fistfuls of cheese

OPTIONAL - "company" version

3 strips bacon, diced
(10 min. in the freezer / makes dicing easier)

1 c. chopped onion
3 cloves garlic, minced

½ c. mushrooms
(any kind)

Optional: Umami Bonus Bomb
(see next page)

METHOD

1. Preheat oven to 400°.
2. Rub or spray chicken breasts with a little oil. Season with salt and pepper. Place them in a square Pyrex dish and bake for 15 min.
3. While chicken is baking, stir together condensed soup, yogurt, and spices.
4. *For "fancy" version:* dice bacon and onion. Add a tiny bit of olive oil to the pan and saute 5 minutes. Move mix to sides of pan and add more oil to the center of pan. When oil is warm, add mushrooms in a single layer and don't stir for a minute or three until browned on one side. Stir in garlic for 30 sec. Cool for 5 min. Mix into soup/yogurt sauce.
5. Pull chicken out of the oven and top with sauce, then stuffing. Cover with cheese and cook until chicken registers 165° on a cooking thermometer.

VEGGIES TO ADD

Broccoli

Spinach

WHEN TO ADD THEM

Roast and place between stuffing and cheese in step 5.

If using onion/garlic/mushrooms, add after mushrooms are browned and cook for 1 min. If not, wilt and mix into sauce.

SWAP FOR STUFFING

Pre-Cooked, Bagged Rice Pilaf

Cooked Whole Grains

Whole Grains & Greens

HOW

Place under chicken in step 5

Place under chicken in step 5

Place under chicken in step 5



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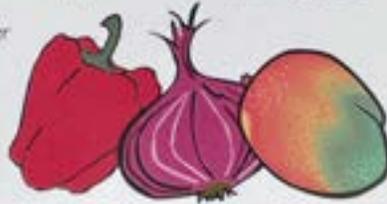
Cooking up

Mango Chicken (or tofu!)

that really stands out!

- | | |
|--|--|
| 1 tsp. vegetable oil | 1 6 oz. can pineapple juice |
| 3 boneless, skinless chicken breasts, cubed (or firm tofu) | 1 tsp. chili sauce (or more, to taste) |
| 1 red onion, chopped | 3 T soy sauce |
| 2 red bell peppers, cubed | 6 T chicken broth or water |
| 2 mangos, peeled and cubed or 2 cups of frozen mangos | 3 T rice vinegar |
| 1 8 oz. can crushed pineapple | 1 1/2 T cornstarch dissolved in warm water |
| 1/2 tsp. crushed red pepper | cilantro, for garnish |

- 1 • Heat the oil in wok or large frying pan over high heat
- 2 • Cook chicken 3-4 minutes, until the outsides are white (if using tofu, skip this step and add the tofu along with the mango in step 5)
- 3 • Add red onion and cook 2 minutes (until slightly soft)
- 4 • Add red bell pepper and cook 1 minute
- 5 • Add mango, crushed pineapple and crushed red pepper, and cook, stirring, for 1 minute (longer for frozen mangoes)
- 6 • Add next 5 ingredients (juice - vinegar). Stir to combine, then cover and simmer for 10-12 minutes.
- 7 • Pour in the cornstarch/water mixture, bring back to a simmer, and cook 1 min. or until sauce thickens
- 8 • Garnish with chopped cilantro and serve with steamed rice!



elf design - putting the pieces together for balanced designs.

BRAISE IT

Chicken Adobo



45ISH MINUTES | 2 SERVES | SCALES WELL | SUPER AFFORDABLE

INGREDIENTS

a little cooking oil or coconut oil
6 bone-in chicken thighs, skin removed*
2 yellow onions, sliced
a handful of garlic cloves,
peeled + smashed
optional: ½ c. mushrooms
a lot of black pepper
(at least 1 tsp. fresh ground)
½ c. vinegar
(white, apple cider or half-and-half)
½ c. soy sauce or tamari
½ c. chicken stock or water

SERVING SUGGESTIONS

serve over white or brown rice
+ quickest steamed broccoli

USE IT ALL

MAKE CHICKEN BACON WITH THE SKIN
(recipe on next page)

SHORTCUT

QUICK STEAMED BROCCOLI

*Place broccoli florets in a Ziploc bag.
Microwave for 90 sec - 3 minutes to
your preferred doneness. Caution: Bag
will be HOT, use mittens to take it out.*

METHOD

1. Heat oil in a heavy-bottomed pot over medium heat.
2. Brown chicken thighs. Remove from pot.
3. Add onions and saute for 5 min or until translucent. Add garlic and cook 1 minute, stirring constantly.
4. Move onions and garlic to sides of pot and add mushrooms. Do not stir them for a minute or two until they are seared.
5. Stir vegetables together and add chicken and any tasty plate-juices back to the pot.
6. Add vinegar, soy sauce and stock. Add a bit more broth or water, if needed, to cover chicken and vegetables. Bring to a boil, reduce heat to a simmer and cover.
7. Cook for 40-50 minutes until the chicken is fall-apart tender

TRICKS FOR MORE FLAVOR

Use one yellow onion and one red onion.

Prep the garlic 3 ways: Peel and smash some, rough chop some, and mince some. The more finely you chop garlic, the stronger it will taste in the finished dish.

Add an umami bomb: kelp, mushroom powder and crumbled chicken "bacon" are fantastic.

Note: Greens may be added in the last 10-15 minutes of braising. Baby bok choy, kale, chard, Napa cabbage, and green cabbage all work well.

USE IT UP, BUTTERCUP

Crispy Chicken “Bacon”

ABOUT AN HOUR | MOSTLY HANDS OFF

INGREDIENTS

Chicken skin

PICK A SEASONING BLEND

For bacon-y flavor, use something smoky + something sweet, like:

salt | pepper | smoked paprika | brown sugar

ALSO DELICIOUS WITH

*taco seasoning
salt | lemon pepper | lemon zest
fennel powder | coriander | cumin |
pinch of cayenne | salt
sage | rosemary | thyme | salt
sumac | salt | pepper | aleppo pepper*

EQUIPMENT

2 baking sheets

parchment paper

METHOD

1. Preheat oven to 350°.
2. Line one baking sheet with parchment paper. Place chicken skin flat on top – stretch it out.
3. Rub the seasoning blend into the chicken skin. If touching the skin gives you the heebies, put on some gloves. This is tasty business; it’s worth it.
4. Top with another sheet of parchment and weigh down with the second baking sheet.
5. Bake until golden brown and crispy – 35-40 min.
6. Remove chicken from pan and drain on a paper towel before devouring.

USE IT UP, BUTTERCUP

Chicken Stock: Method

TAKES A WHILE | MAKES 3-4 QUARTS OF STOCK BEFORE REDUCING



METHOD 1: INSTANT POT

Throw 1 chicken carcass (like a rotisserie chicken picked clean) in the Instant Pot with 2 carrots snapped in half, 3 ribs of celery broken into big chunks, an onion chopped in half or quarters, a few whole peppercorns, a bay leaf or two and a little apple cider vinegar. Cover with water. Cook for 45 min. Allow natural release.

METHOD 2: STOVETOP

Throw all of the same stuff in a pot on your stove. Cover with water. Bring to a boil, reduce to a simmer. Cook for 90 mins.



STRAIN & STORE

Strain the stock and compost or toss the scraps.

I use a large mesh strainer to fish out the big bits.

If fridge/ freezer space is an issue, you can boil the stock to reduce the volume by up to 50% and then store. Use in this more concentrated form or thin with water when cooking.

May also be stored as-is, or used immediately.

I store mine in mason jars. To neatly get the stock in the jars and strain at the same time, I use a canning funnel and a cute little strainer [like this one](#). I got mine from Daiso.



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Cooking up Japan-inspired **Miso Udon Soup**

1 T oil	1/4 c. soy sauce
1 head garlic, minced	16 oz. tofu, cubed
1 1/2" piece of ginger, cut in large discs (remove before eating)	1/2 c. (any color) miso paste
4 carrots, grated	9 c. water or vegetable broth
1 bunch of green onions, chopped	1 cube (10 oz.) frozen spinach
Grated zest and juice of 1 orange	20 oz. udon noodles
	2 T rice vinegar

- Heat oil in a large stock pot, and stir fry ginger and garlic until fragrant
- Add the carrots and half of the green onions, continue to stir fry for 1 minute
- Add orange zest, soy sauce, and tofu and cook for 30 seconds
- Stir the miso paste into 2 cups of the water or broth and add it, along with the orange juice and the rest of the water or broth
- Bring to a simmer, cook 5 minutes
- Add spinach and cook 5 minutes or until thawed
- Add noodles, and cook until warmed through (4-5 minutes)
- Stir in rice vinegar and serve.
Garnish with the remaining green onions



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I HAVE MEASURED OUT MY LIFE IN COMFORT FOODS

Japanese Curry with Chicken

30ISH MINUTES | 4 SERVES | SCALES WELL



Sometimes, when you love a person and share many meals, their comfort food becomes your comfort food. That's the case here.

If you haven't had it, Japanese curry is different than Thai or Indian curry. It's sweeter and milder. Cozy. Warming.

Definitely worth it if you're up for a little flavor adventure. It's easy, hard to screw up and satisfying... perfect for right about now.

GOLDEN CURRY: INHERITED COMFORT

Ingredients:

1 box golden curry (*I like medium hot, you do you*) • 2 chicken breasts, *cubed* • 1 onion, *chopped* • 1 large russet potato, *cubed* • 4 medium carrots, *chopped* • 1 small crisp apple (Fuji, shown), *small cubes* • 1 small box raisins

Prepare curry according to package directions with chicken, onion, potatoes and carrots. 5 minutes before cooking is finished, add diced apple and raisins. Serve over steamed white rice with furikake.

WHAT'S FURIKAKE?

Japanese rice seasoning flakes. Contains sesame seed, sugar, seaweed, salt and various preservatives - delicious and comforting. [This](#) is the kind I like.

RESTAURANT FLAVOR SECRETS

Umami Bonus Bombs

WHY IT'S GOOD

Umami is the "fifth taste" - and it brings a savory richness to foods. It's also many a restaurant's sneaky secret - how they make your food taste extra delicious.

If you're looking to add more comfort, richness and flavor to a savory dish, the pantry staples and pre-prep heroes below can come to your rescue.

A little goes a long way with most of these.

Add them to soups, stews, braises, sauces, chili... mmmm...

UMAMI PANTRY

Soy sauce

Tamari

Worcestershire sauce

Anchovies

Fish sauce

Dried mushrooms

Mushroom powder

(to source: look in the seasoning section at Trader Joe's or [Nom Nom Paleo](#) or [DIY](#))

Sundried tomatoes

Tomato paste

(tastiest if you cook it a bit)

Parmesan

(add the rind to stock or soup)

Bragg's Liquid Aminos

Coconut Aminos

PRE-PREP HEROES

Caramelized onions

Slow roasted tomatoes

Sauteed mushrooms

Crispy bacon

Crispy chicken skin

EXOTICS

Miso paste

Seaweed/ kombu

Bonito flakes

Sardines

Clam juice



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Cooking up spicy & easy
Mexican Caesar Salad

3/4 cup creamy garlic Caesar dressing (such as Safeway brand)
Or, regular Caesar dressing with 1-2 cloves of minced garlic
1/2 - 1 teaspoon chipotle seasoning, to taste (either powder,
ground chipotle flakes, or chipotle-flavored Tabasco sauce)

1 head of romaine, chopped
1 small red onion, sliced
1 cup grape or cherry tomatoes, or chopped roma tomato
1 red bell pepper, sliced into strips
2 small or 1 large avocado, cubed
1 cup lightly broken-up tortilla chips
2 cups shredded rotisserie or grilled chicken (optional, and
may be added warm)

- Place the first two items in a small bowl, and stir to combine.
- Place the other items in a large bowl and toss.
- Toss the dressing into the salad and serve.



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SOME GREAT RECIPES WE DIDN'T WRITE

Go-To Chicken & Comfort Recipes

ERIN'S FAVES

[Perfectly Cooked Chicken Breast \(Magic Method from The Kitchn\)](#)

[Kenji's Pressure Cooker Chicken Chili Verde](#)

[Chicken In Milk \(Trust\)](#)

[Chicken Tikka Masala](#)

MANDY'S FAVES

[Crock Pot Taco Chicken Chili](#)

[Chicken Alfredo Ziti Bake](#)

[Lemon Basil Chicken](#)

[Butternut Squash, Chickpea & Lentil](#)

[Moroccan Stew \(vegetarian!\)](#)

BRONWYN'S FAVES

[California Grilled Chicken Avocado and Mango Salad](#)

[Chicken Quiche](#)

[Skillet Chicken and Broccoli Veggie Tot Pie](#)

[Chicken, Potato, and Leek Pie](#)

[One Pot Sausage Pasta](#)

[Asian Chicken Soba Noodle Salad](#)

[Roasted Pork Tenderloin with Apples and Root Vegetables \(not chicken but so good\)](#)

KRISTI'S FAVES

[Sautéed Chicken Breasts with Tarragon Cream Sauce](#)

[Braised Lemon Chicken with Dill and Turmeric](#)

WENDY'S FAVE

[Creamy Crockpot Crack Chicken](#)

Enjoy!



on the web at skyward.ink

insta: [@skyward.ink](https://www.instagram.com/skyward.ink)